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Residents join to fight flooding

by SUE TIFFIN
Times Staff

Rain pouring outside caused anxiety but did not deter frustrated residents who have been directly affected by repeated spring floods in Minden from organizing in a grassroots meeting on June 26.

A group of about 50 residents joined at the Dominion Hotel, including homeowners from Tiffany Lane, Spring Valley Road, Invergordon Avenue, Anson Street and Bobcaygeon Road. They assembled to share concerns and decide next steps to take in order to protect their homes and properties from what they believe will be continued regular flooding of the Gull River watershed. Extensive flooding has provoked two states of emergency in the area in the past four years, the most recent being this past May.

The meeting was moderated by Brigitte Gall, a resident of Anson Street, and Shawn Chamberlin, owner of the Dominion Hotel and Grill on the Gull, both on Bobcaygeon Road. Many in the group did not feel they had been given opportunity to be heard by township representatives prior to the first post-flood debriefing of the township emergency control group between the reeve, township staff and local agencies and provincial representatives which was taking place the next morning.

"The goals were two-fold," said Gall, after the meeting. "What was the valid, critical and necessary information as understood by

see RESIDENTS page 2



Catching some fun

A competitor rides after a calf in the ladies break-away roping event at the Ram Rodeo Tour on Saturday, June 24 held at the Minden Fairgrounds. The two-day event, which was held on the weekend, included a variety of attractions and rodeo favourites such as bull riding, barrel racing and saddle bronc riding. Minden is the second stop on the 15-stop tour in Ontario. More on page 12. /DARREN LUM Staff

A year of change at health services corp

by CHAD INGRAM
Times Staff

A tightening up of finances and a focus on employees' well-being have been hallmarks of the past year at Haliburton Highlands Health Services.

HHHS CEO Carolyn Plummer went over a number of highlights for the organization during its annual general meeting at the Minden HHHS facility on June 22.

Among them, as reported earlier this year, was a balancing of the 2016-2017 budget. The organization achieved a small surplus of approximately \$17,000 on a budget of ap-

proximately \$24.8 million.

"And we did so without having to lay anybody off, without having to make any cuts to any program, and in fact, we expanded programs, and without having to request any additional, special funding from the LHIN (local health integration network)," Plummer said.

The bulk of that budget, about \$20 million, came in direct funding from the Ministry of Health and Long-Term Care and about \$2.2 million came from residents' fees at HHHS's two long-term care homes. Other revenue sources include patient services and the amortization of deferred contributions.

The largest portion of the budget, about \$15 million, was spent on salaries, wages and benefits. The rest goes primarily to supplies, equipment and buildings and property.

"We also had the opportunity this year to focus on fostering a healthy work environment," Plummer said.

"Part of this included launching a brand new employee recognition program, and we were also able to recognize a number of long-service employees this year, highlighting the ongoing dedication of the members of our team."

see PALLIATIVE page 4



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Suspects flee with motor home

A man and a woman from London were charged with several offences following a traffic stop on County Road 503. According to the OPP, on June 25 at about 2:30 a.m., police saw a vehicle towing a motor home driving erratically east-bound on 503 in Minden Hills. They were able to determine the motor home was stolen and attempted to stop the vehicle, which didn't stop. Using a "controlled tire deflation device," Bancroft and Haliburton Highlands OPP were able to bring the vehicle to a stop.

The man, 28, was charged with fleeing from police, dangerous operation of a vehicle, possession of property obtained by crime over \$5,000, failing to comply with recognizance (five counts), failing to comply with a probation order and possession of marijuana under 30 grams. The woman, 24, was charged with possession of property obtained by crime over \$5,000 and failing to comply with recognizance (three counts). Both were held pending a bail hearing in Lindsay.

Residents wanted assurances: Gall

from page 1

residents caught in this event that this council and the province needs to have and sift through in order to manage the next potential disaster better and more effectively. And then the second, much larger but more thorny issue – why are we not being heard, and what resources do we have at our avail to get the attention to this much larger issue addressed and acknowledged?" Residents in attendance discussed their own experiences during the most recent flooding this past May, including damage estimates to their home, a timeline of events and public notices, the townships' response to the emergency and how they had seen the water levels of the Gull River being managed. Information gathered by individuals was shared to the group, including ideas of flood prevention and mitigation. "There were a lot of people who needed and wanted to do more than just 'tell their stories and grieve,'" said Gall, after the meeting. "They want an assurance that our municipal council, staff and provincial partners are hearing us, and acknowledging that we are not content to simply be the catch basin for antiquated expectations of water management, climate change, and political hand wringing." The group discussed best practices moving forward, including recommendations that the township purchase emergency vehicles that could access flooded areas, that the snowmobile bridge by Anson Street be removed prior to the threat of flooding to prevent the slow flow of river water, that the river be reclassified from a living river to allow dredging, that recommendations made by the Minden Disaster Relief Committee in 2013 be acted on, that water management plans be reevaluated and the possibility of collaborating on legal action. "How many times do we have to do this?" said Kirsten Monk, co-owner of the funeral home that has sustained repeated flooding, suggesting a class action lawsuit to a round of applause from some in the group. "When people say, as residents of Minden, 'oh, I wasn't affected by the flood...everybody was affected by the flood,'" said Kathy Rogers, to much agreement. "In terms of home values, attraction to business, attraction of people to come and live in Minden...do we want Minden to be a ghost town? That is going to be the logical consequence if we do not address the cause of this. Not buying more sand bags, another machine, that's fine, that's short-term, but the long-term aspect of this is what we need to be dealing with." The effects of climate change and the structure of the Trent Severn Waterway system were also broached. Patrick Walshe noted that what happens in regards to water management of the Gull River affects flooding in Toronto, Trenton and Montreal. "This is much bigger than just those of us who live on the shores of the Gull River," he said. "What we're talking about impacts life in Haliburton and life downstream. We are in many ways the canary in the coal mine...So we take very seriously our obligation to make sure that there is a water management plan that makes sense for this community as well the communities that live down river from us." A letter summarizing the discussion, including recommendations and questions arising in the residents meeting were sent to Minden Hills council members and members of the township emergency control group on June 27, the morning of the debriefing. Just before he went into that meeting, Reeve Brent Devolin said he had received the information but hadn't had the chance to look at it yet. He verified he had been asked to attend the residents meeting, but said he declined because he thought he would probably be the "elephant in the room." "My personal opinion, could I have attended and participated as just specifically a resident of Anson Street, no," he

“The windows for opportunity for [a public meeting] are coming.”
— REEVE BRENT DEVOLIN

“No, like that would have never happened.” Devolin stressed that a public meeting was important and would take place, but that the township staff was still working in the recovery phase of the flooding event including dealing with a water main issue on Water Street, and “working furiously” to meet deadlines for submissions to obtain funding through the Ontario Disaster Relief Assistance Program (ODRAP). “What they don't appreciate, the windows for opportunity for [a public meeting] are coming,” said Devolin. “The problem is, they see the water down in front of their house and think we're done. The reality is we have many things in the process of this that we have to attend to that may not be self-evident.” He noted staff was also catching up on regular responsibilities he said they had had to put on pause during the state of emergency. “The reality is, that doesn't roll out as fast as some people might like,” said Devolin. “We empathize with that, but the reality is there's a time and a process and it may not happen as quickly as any of us would like.” According to Devolin, at the upcoming Association of Municipalities of Ontario (AMO) conference being held in Ottawa in August, Minden Hills is planning to make delegations to the minister of municipal affairs and MNRF as well as to the minister of environment and climate change. Devolin noted that there are 13 wardens, including himself, that are part of the warden's caucus with more than half of the wardens having been affected by flooding in the past year who will be engaging in discussion regarding planning mitigation and infrastructure. “As always, we've said along the way, from all of the people affected directly or indirectly by [flooding], we would love their thoughts to be submitted to us, and [they] absolutely will form a basis of our Emergency Plan 2.0,” he said. Devolin said a date for a public meeting was expected to be discussed during the June 27 meeting. He hoped to have feedback from the public prior to the AMO conference. Organizers of the citizens' flood meeting have created a public Facebook group called Friends of the Gull River Watershed – Minden, Ontario and encouraged concerned residents to join.



A meeting to discuss Minden flooding was held on Monday, June 26 at the Dominion Hotel. /SUE TIFFIN Staff

Recycling practices consistent in county

by **CHAD INGRAM**
Times Staff

Earlier this month, some Minden Hills residents were miffed after they were told that materials they'd previously put into recycling bins at the township's landfills now belonged on the chipping pile at the Scotch Line landfill, to be made into cover for the site.

These materials included such items as plastic planters and flower trays.

The township's environmental and property operations manager told the paper that items such as plastic planters, packing Styrofoam, plastic lawn chairs, storage containers and vinyl siding had never been acceptable as recyclable, since either those recycling streams are not available to township or are too costly for most small municipalities to undertake.

The paper inquired with the county's other three lower-tier municipalities about recycling practices when it comes to plastic planters, flower trays, packing Styrofoam, plastic lawn furniture, plastic storage containers and vinyl siding.

It turns out that in most cases, most of these items are not recycled.

"There are some challenges with recycling the materials you have mentioned and it is unfortunate that none of those materials can be recycled in our current recycling streams," Melissa Murray, environmental co-ordinator for the Township of Algonquin Highlands wrote in an email.

"There are many materials used for packaging and products that are currently sold in the marketplace today and many of them have the ability to be recycled. Unfortunately, at this time, Algonquin Highlands does not have the facilities to recycle everything that could be recycled. Some materials require very specialized systems to recycle (for example, Styrofoam packaging materials) and therefore would require shipping long distances. Some are very challenging to sort and end up contaminating other similar plastics (e.g. flower trays, pots, etc.). Contamination increases the cost to recycle materials and makes the end product less useful. Some materials take up such large volumes that the cost to ship them supercedes any benefit any benefit achieved by recycling (e.g. lawn furniture). Other materials are just not compatible with existing sorting processes (e.g. vinyl siding). As a municipal-

ity we must weight the costs (both financial and ecological) versus the benefits. Sometimes recycling is just not the best option. We often see that larger centres are able to recycle and process a wider variety of materials. Economics of scale even impact recycling."

Murray indicated that the Waste-Free Ontario Act may improve the situation in the future, as the legislation passed in Queen's Park last year is designed to make companies 100 per cent responsible for the materials they put out in to the market. Being phased in, the legislation includes the Resource Recovery and Circular Economy Act and Waste Diversion Transition Act. A circular economy means making companies "responsible for the end-of-life management of their products and packaging," according to a release from the province.

The story is the same in Highlands East and the Municipality of Dysart et al, where the above mentioned materials, with the exception of plastic planters and flower trays clearly marked with recyclable logos, and in some cases, small plastic storage containers with recyclable logos, wind up in municipal landfills.

Wall Flower Studio relocates along downtown strip



by **CHAD INGRAM**
Times Staff

Wall Flower Studio is moving from one end of Minden's main drag to the other, the shop re-opening at its new location at 102 Bobcaygeon Road on Thursday, June 29.

The storefront, located at the the intersection of Bobcaygeon Road and Newcastle Street beside Up River Trading Co., was most recently the home of Highlands Studio and Ink Works tattoo shop.

With the relocation, proprietor Karen Sloan is expanding her plant inventory, with a focus on indoor plants.

"I'm really promoting the products that work," says Sloan,

an artist who has branched into garden design. Within the last year or so, she's also expanded into gift basket deliveries.

Staples such as terrariums were being set up in the new space earlier this week. Sloan gives terrarium workshops, which the new building will allow her to host in-house.

Selling "concoctions, confections and botanicals," Wall Flower Studio also features a variety of skin care and apothecary products.

Since it opened three years ago, Wall Flower Studio had been located in the Grill by the Gull building near the bridge.

A grand re-opening celebration was scheduled at the new location from 10 a.m. to 5 p.m. on June 29.

For more information on Wall Flower Studio, visit www.wallflowerstudio.com or check out its Facebook page.

Far left, Karen Sloan has moved her Wall Flower Studio to 102 Bobcaygeon Road. Left, some of the many varieties of plant available at Wall Flower Studio.

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MEETINGS & EVENTS

PUBLIC WELCOME

June 29 Regular Council Meeting 9:00am,
Minden Council Chambers

July 27 combined COTW/Regular Meeting, 9:00am,
Minden Council Chambers

August 31 combined COTW/Regular Council Meeting, 9:00 am, Minden Council Chambers

Please note Council meetings are reduced to one meeting during the months of July and August.

For Council, Boards & Advisory Committee meetings, visit www.mindenhills.ca

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Council and Staff would like to wish everyone a safe and happy Canada Day Holiday Weekend. The Administration Office will be **CLOSED** on Monday July 3, 2017

Minden cadet honoured for excellence by Fenelon Falls corps

by ROBERT MACKENZIE
Times Staff

A Minden cadet won Fenelon Falls Navy League's medal of excellence this month.

Scott King, 12, was awarded the honour at the Navy League Cadets of Canada Adanac annual parade June 5, at the Fenelon Falls Legion.

The medal of excellence is awarded annually to the most proficient cadets within their divisions. The award requires good attendance, citizenship, a thorough grasp of cadet training and setting an outstanding personal example of dress and deportment.

"I was just over the moon," Scott's mom Nelcia said. "It's a pretty high honour because so many [cadets] were aging out, there were a fair number that could have won the award."

Scott is one of those aging out, as the Navy League Cadets only run from ages nine to 12. Next, Scott plans on joining the army cadets either in Lindsay or Haliburton. Scott can wear his medal of excellence on his uniform as he moves on to the army cadets, and can continue wearing it if he chooses to join the military in the future.

Although he says his mom made him join the cadets in the first place, Scott is happy for the opportunities the program has given him, "You get to learn, go to camp, meet new people and make new friends," he said.



Scott King poses with his medal of excellence at the Navy League Cadets of Canada Adanac's annual parade in Fenelon Falls earlier this month. The medal of excellence is one of the highest honours a Navy League Cadet can receive. Photo courtesy of Nelcia King



HHHS chief of staff Dr. Kristy Gammon speaks at the organization's annual general meeting in Minden on June 22. /CHAD INGRAM Staff

Palliative care wing one of year's highlights

from page 1

Plummer, who was previously director of patient care and chief nursing executive for HHHS, became CEO of the organization last summer, after the previous CEO was terminated in late 2015.

Among other highlights for the year was the creation of compassionate care suites at the HHHS long-term care homes, which make space for family members of those in palliative care, Montessori training for employees helping patients with dementia and a number of capital projects, including new flooring and sidewalks at both the Minden and Haliburton facilities.

The past year also marked the first full year of the organization's GAIN (geriatric assessment intervention network) team, which helps vulnerable seniors stay in their own homes longer. With 73 clients, the team logged more than 17,000 hours.

Mental health services saw an increase in usage, with a 13 per cent jump in patients. Plummer said the No. 1 mental health condition mental health services deals with is anxiety and that the number of young people using the services is also increasing.

"It's definitely on the rise," she said.

The HHHS diagnostic imaging department

expanded with the addition of echocardiogram services. The department performed more than 10,000 X-rays and more than 1,800 ultrasounds during the year.

There were more than 15,000 visits to the Minden emergency room and close to 13,000 at the emergency room in Haliburton. The hospitals logged some 3,800 patient days, with the average length of stay for acute care at nine days.

The Haliburton Highlands Health Services Foundation, which raises funds for capital projects at the facilities, brought in more than \$540,000 throughout the fiscal year, and also reached its \$1.25 million fundraising goal for the new palliative wing at the Haliburton HHHS facility.

Recently retired longtime foundation director Dale Walker was recognized by speakers including foundation chairman Peter Oyler, her successor Lisa Tompkins, chief of staff Dr. Kristy Gammon and Plummer.

"Thank you for everything you've done for HHHS and we wish all the best your retirement," Plummer said.

The Minden and Haliburton hospital auxiliaries raised about \$15,000 and \$10,000 respectively throughout the past year. Those funds are also used for capital purchases.

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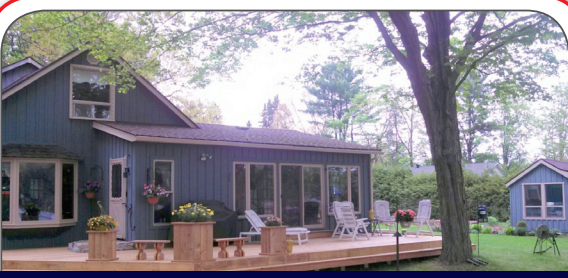


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IN OTHER WORDS

Columns and Letters to the Editor

The Times

DAVID ZILSTRA,
Publisher and Ad Director,
david.zilstra@gmail.com

JENN WATT, Managing Editor,
jenn@haliburtonpress.com

JENNIFER MCEATHRON, Admin
jenniferm@haliburtonpress.com

DEBBIE COMER, Circulation,
debbie@haliburtonpress.com

CHAD INGRAM, Reporter,
chad@haliburtonpress.com

ANGELICA INGRAM, Reporter

DARREN LUM, Reporter,
darren@haliburtonpress.com

SUE TIFFIN, Reporter
sue@haliburtonpress.com

ROBERT MACKENZIE, Reporter
robert@haliburtonpress.com

KAREN LONDON,
Production Coordinator
karen@haliburtonpress.com

LAURA CHOWZUN,
Production

ALEX BANELOPOULOS, Production

LAURA SMITH, Sales,
laura@haliburtonpress.com

PAUL BANELOPOULOS, Sales
paul@haliburtonpress.com

PAT LEWIS, Inside Sales
classifieds@haliburtonpress.com

2 IGA Road, Box 97
Minden, ON, K0M 2K0
• 705-286-1288 • Fax 705-286-4768
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Inform yourself

A FEW WEEKS ago, a delegation of seasonal residents showed up in Minden Hills council chambers, upset that council was, in their opinion, moving too quickly to approve a series of zoning bylaw amendments, some with implications for waterfront properties.

This was despite a pair of May public open houses on the zoning bylaw amendments that had been advertised by the township.

"And I apologize, but a lot of us don't go to the [township] website," the delegate said, adding that nor do most of his neighbours read local newspapers.

Whose fault is that? What does this guy expect? A taxpayer-funded mail-out about every bylaw amendment council makes? A personal phone call from the reeve to every potentially affected resident?

A gold-lettered scroll, delivered by a falcon?

The year is 2017 and there are multiple ways for residents of Minden Hills township, or any other municipality, for that matter, to avail themselves of information relevant to them.

Go to the Minden Hills website's homepage and one of the first icons one sees reads, "zoning update," under which is a clickable link where one can go to, "learn more." There's all

kinds of other information too. An events calendar; a road closures application; information on tenders and tax sales; and council and committee meeting info.

All of this stuff takes approximately 3.6 seconds to find.

At the bottom of the homepage is a link to public notices and, in the same row, a link where residents can sign up for email alerts from the township. Email alerts about things like public open houses for zoning bylaw amendments.

In 2017, most people not only know how to navigate the Internet, but can navigate it from anywhere, using the mobile device in their pocket.

Don't use the Internet?

You can have this very publication, packed with municipal

announcements and replete with stories about local politics delivered to your doorstep in Toronto for \$46 a year. That's taxes included, folks.

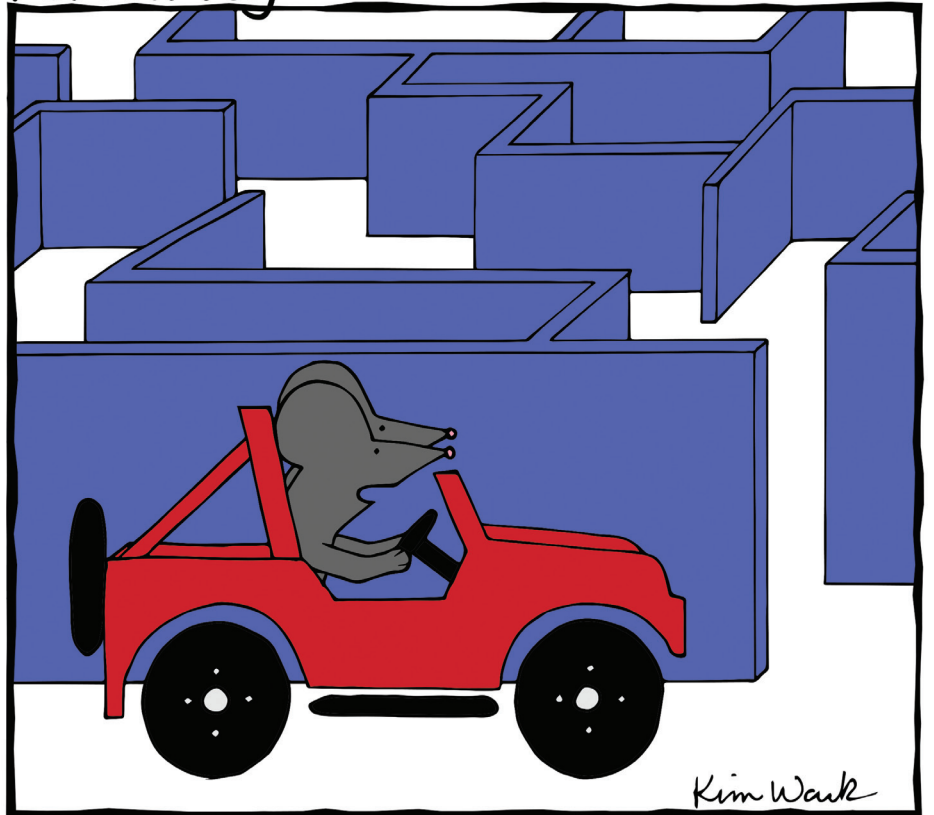
There was a lot of talk during the delegation about the importance of protecting the delegates' large investment in their lakefront properties. And that makes sense. Which is why they should be proactive in informing themselves.

It's 2017. There's no excuse for residents, seasonal or year-round, to be uninformed about the things happening in their community, particularly mandated, public processes.



CHAD INGRAM
Reporter

Kwarky



Wind and water

I'D LIKE TO tell you that I spent opening day of bass season fishing. But the sad fact is I didn't. Instead, my buddy Tom and I spent the entire day trying to keep a canoe over the spot we wanted to fish – and cursing at the wind, which had ideas of its own.

Anyone who has ever tried to fly fish from a canoe in high wind knows it is not nearly as fun as it sounds. Tom and I knew better too, but we did it anyhow.

I think it is further proof that we are lacking maturity and have the combined mental capacity of a rock.

Among the several great acts of futility a grown man can attempt – be they trying to look cool by wearing a man bun, pretending you understand and appreciate rap music, or attempting to learn how to actually use the television and satellite controls – the worst of them is trying to fly fish in high winds from a canoe.

Days like these have no place for a fly angler or a man with a toupee. It is an unwise and mindless act – like a Trump tweet, but worse.

At best, you can drag a line in the water and enjoy all the scenery that passes you by.

My buddy Tom and I did this while also commenting on the various shades of white in the whitecaps we were riding. Oh sure, we also caught a few fish – basically enough bass so that we could say we weren't skunked – but this was through no fault of our own. When you fish in the wind, you cover a lot of water. Sooner or later you're going to find a stupid fish.

The only good thing about fishing in

conditions like this are that it gives me a better appreciation of what my father went through during his stint in the Royal Navy. I'm sure the Atlantic was almost as bad.

Fishing in the wind is an acquired taste – for me, much like okra.

A typical conversation in a canoe in high winds goes something like this:

Person in the bow: "Catch my hat!"

Person in the stern: "Hey! Was that your new hat?"

The good news is there is no need to turn around. All you need do is stop paddling for three strokes and you'll catch up with the hat – and passing jets.

That's pretty well how it was for Tom and me on Saturday. We were blown all over the lake – mostly into places where we preferred not to fish, but occasionally into places where we wanted to fish but couldn't because we were caught up in the shoreline vegetation or about to be dashed on the rocks

and shipwrecked.

Otherwise, it was a ton of fun.

The strange part is this too is becoming an angling tradition for us. And this year these conditions have abounded ever since all the fishing seasons opened. Even so, we are, at least, learning at thing or two.

For one thing, we now leave our hats in the car. For another, we have learned to paddle somewhat effectively with fly line wrapped around us.

All in all, it is still a day of fishing and that is preferable to staying at home and doing yard work. The sad truth is I will fish any day I can.

I'd just prefer not to on a wind's day.



STEVE GALEA
Beyond 35

IN OTHER WORDS

Columns and Letters to the Editor

Paying by the piece

THERE IS hope.

Despite the collapsing daily newspaper industry and concern that people are not getting enough factual, balanced news on current affairs, there is hope.

Hope is difficult to see through dark statistics showing fewer sources of truthful and objective reporting of world affairs.

Pew Research Centre data shows that in 2015 only 16 per cent of adults 18 to 34 years old read a daily newspaper. Among people 65-plus, traditionally the age group with the largest per cent of readers, only 50 per cent were daily newspaper readers.

News Media Canada, which represents print and digital news platforms, puts a brighter face on it. It says nine out of 10 Canadian adults read a daily or community newspaper in print, online or mobile format every week.

Forget all the research, statistics and various commentary on readership, however. The plain fact is there is more fake news, less trustable news and fewer people reading reliable news that can help them to make informed decisions.

That is a serious problem for democracy. Even more serious considering that three of the planet's most dangerous countries – Russia, North Korea and the U.S. – are led by psychopaths.



JIM POLING SR.
From Shaman's Rock

News is as vital to democracy as clean air, safe streets, good schools and public health, an American blue ribbon commission on information has noted.

Daily newspapers are providing fewer stories of importance. Radio and television don't have the length or depth to fill much of that role. New media such as Twitter and Facebook don't do it either because they can't be relied on to provide unvarnished facts.

Where is the hope then?

There are some new initiatives, and the one that has impressed me the most is the Dutch startup named Blendle. It is an online news platform

launched three years ago by two young Dutch journalists. It aggregates articles from newspapers and magazines, which can be purchased on a pay-per-article basis. The average cost of an article is roughly 30 cents.

The service was Europe-only at first but has been tested in the U.S. and will officially launch there this fall. It has about 25 U.S. titles now but so far none in Canada.

To use Blendle you go to its website and read the menu of stories available. You might see a *New York Times* piece on how Trump's new health-care plan shifts dollars from the poor to the rich. The article will cost you 19 cents to read, which you pay by opening a digital wallet where you have deposited some money.

An interesting aspect of Blendle is that if you don't like a story you have paid for, the service will refund your money. That seems a dangerous policy. People read articles, say they don't like them, even if they do, and get their money back. How many unscrupulous readers are doing that?

Not many, Jessica Best, head of Blendle editorial, tells me in an interview from Amsterdam, Blendle's headquarters.

The U.S. refund rate is only seven per cent, she says, "... partly because people care about our mission. They believe in our mission."

I love the pay-per-article idea. You don't have to pay a subscription or buy an entire newspaper or magazine to read one article when you don't have interest in – or the time to read – the rest.

To be successful Blendle must offer top drawer content tailored for its readers. Or as Ms. Best puts it, "original quality journalism."

And that means more than reporting just what happened this morning, or yesterday, with no perspective, background or why what happened, happened.

"We are looking for people willing to pay for the why, not the what," she says.

So therein lies the hope: two young guys invent a new way of bringing trustable news to readers who need it to make informed decisions on what is happening in their world.

There are others out there who will find more ways of delivering the vital and trustable news and information we need to understand this increasingly complicated world and give us ideas on how to best navigate it.

What we all need to do is dedicate more time to consuming it.

Email: shaman@vianet.ca

Profile: <http://www.amazon.com/-/e/B001K8FY3Y>

letters to the editor

Community support

To the Editor,

The members of the Minden Curling Club would like to express our appreciation to all of the super shoppers who helped to make our sale a great success. We also send a big thank you to Kim Emmerson for lending us aprons for the

staff, Rawn Moore with the Lions Club and the United Church for lending us tables, and County Sign for helping us with signage for our event.

It is great to be a part of such a caring, giving, and supportive community!

Joyce Nilsson

Chew your food

IT'S NOT SOMETHING we tend to think about, but chewing our food is the first stage of digestion. Studies have demonstrated that people who are obese chew their food less before swallowing than those who are a healthy weight. That extra bit of work reduces meal sizes by up to 15 per cent, and that can result in improved weight management.

The technical term for chewing is mastication. It is defined as the crushing and grinding of food by teeth. When we effectively chew our food, less work has to be done by the stomach to break it down (with acids and enzymes) and more nutrient absorption can be done in the intestines. That is an effective and healthy digestion process. Rushing the chewing part of the process results in larger particles of food moving through the rest of the digestive system. The results are uncomfortable! Acid reflux, gas and constipation are some examples – and these can be painful!

Here's what you can do to get into an effective

mastication habit:

1. Take smaller bites.
2. Chew slowly.
3. Chew until the food in your mouth is liquefied.
4. Don't take another bite until your mouth is empty.

It takes approximately 20 minutes for your brain to let your stomach know that you've had enough to eat. Slowing the chewing process down means less food will be consumed when that signal goes out. It's nature's method of portion control.

Give it a try for your next meal. If you can, sit to enjoy your food. Set the table, turn off the TV, shut down the computer, put the newspaper away and

savour the flavours.

Something to think about.

Laurie Sweig is a certified personal trainer and spinning instructor. She is one of the founders of The Point for Fitness: www.the-pointforfitness.com.



LAURIE SWEIG
Practical Fitness

Yesterday. Today. Tomorrow.

#MY Haliburton
HIGHLANDS

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CERTIFIED
Wander
FRIENDLY

Check out "WHAT'S HAPPENING" at
MyHaliburtonHighlands.com
for a full schedule of events

Congrats, grads!

Archie Stouffer's Grade 8 class is officially ready to move on to high school after they crossed the stage at their graduation Monday, June 26 in the ASES gym. Photo courtesy Cheryl Smith Photography



Valedictorian Cole Prentice addresses his fellow graduates and the crowd at ASES's Grade 8 graduation June 26. ROBERT MACKENZIE Staff



Award winners from ASES's Grade 8 graduation June 26. Students were awarded for their performance in individual classes and subjects, athletics, sportsmanship and overall grades.



The honours students and other accomplishments were announced at ASES's ROAR awards assembly June 23. A student achieves honours by earning an academic average of 80 per cent or higher. Pictured here are the junior (Grades 4-6) honours recipients.

Township of Minden Hills

Canada Day Festival



Set your watches for...

DOWNTOWN

- 8:00: Kids Fishing Derby begins. *On Water Street*
 11:00: Kids Fishing Derby final weigh in. *On Water Street*
 10:45-11:45: Highland Concert Band. *At Main Stage*
 11:00-12:15: Crazy River Raft Race Registration Opens. *At Rotary Park off Hwy #35*
 11:15: Highland Dance Academy. *At Main Stage*
 11:30: Highland Dancer Performance. *At Main Stage*
 11:45: Opening Ceremonies. Royal Canadian Legion Colour Party Parade, National Anthem performed by HC Band, opening remarks, cutting of the cake. *At Main Stage*
 12:15: Sister Act. *St. Paul's Anglican Church*
 12:30: Crazy River Raft Race begins. Sponsored by the Gull Lake Cottagers Association. Starts at Rotary Park and ends downtown
 1:00: Fashion Show. Hosted by St. Paul's Anglican Church. *At Main Stage*
 1:30: Rubber Ducky Race begins. Hosted by the Minden Lioness. *At Town Dock on Water St.*

ACROSS THE BRIDGE

- 10:00-2:00: FREE! Wagon Rides (with stops at the Fairgrounds, Cultural Centre and downtown) *Across the bridge*

CULTURAL CENTRE

- 11:00-1:00: Musical performance by David Archibald
 11:30-3:00: Wood fired pizza and Beer garden. *Outside on the grounds (\$)*
 12:30-1:30: FREE Ice Cream! Sponsored by Kawartha Dairy. Until supplies last. *Outside on grounds.*
 1:30-2:30: BLUE BEAKER CLUB presents "Heat up with Cool"
 A live interactive show for all ages! **NEW!!**

FAIRGROUNDS

- 10:00: 1.50km Family Fun Run! Hosted by Places for People. *Starting behind the arena at ball diamonds* **NEW!!**
 10:00-3:00: Human Gyroscopes, Zorb Balls!! **NEW!!**
 10:30am, 12:30pm, 2:30pm: **NEW!!**
Four Paws Flying Entertainment (World Champion disc dogs!) Shows are approx. 45 mins. Meet and greet the dogs afterwards!
 5:00pm-9:30pm: "Guess Who's coming to dinner?" "music festival! Entry by donation. **NEW!!**
 9:30pm: Fireworks! Entry by donation



CANADA 150

Saturday July 1st

All day attractions

DOWNTOWN

- CANOE FM LIVE ON LOCATION!
- Canoe/kayak demos. Hosted by AO/Boatwerks. *Across the bridge*
- FREE Popcorn. Sponsored by Minden Legion
- Food Booths (\$)
- Haliburton County Farmers Market
- Highland Time Travelers Classic Car Show
- Minden Artisan Market
- Minnow Races. Sponsored by Minden Legion
- Paddle board demos/rentals. Hosted by Get up Stand up! *Town Dock on Water Street (\$)*
- Trudalu's Jumpy Castles (\$)

CULTURAL CENTRE

- Heritage Village Tours
- Children's crafts
- Haliburton Quilt Show Guild
- Art gallery exhibition



ROAD CLOSURES (7am-4pm)

- Water Street, from Bobcaygeon Road to St. Germaine
- Prince Street, from St. Germaine (Fire Hall) to Water Street
- Milne Street, from Newcastle Street to Prince Street



Free parking at the Fairgrounds with tractor rides running all day to get you to the Cultural Centre and downtown attractions.

For more information please visit www.minden hills.ca

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Local man recovering from softball injury

by SUE TIFFIN
Times Staff

Friends and family of Kieran Gillooly know the 29-year-old loves playing hockey, fastball and softball.

The Algonquin Highlands resident's energy and determination is what he and his loved ones now rely on in the hopes he'll recover quickly from a sports injury that left him with a severe concussion and brain bleed.

The injury happened on May 13, when Kieran was playing softball in an annual memorial tournament in Minden. Kieran was the pitcher when a friend hit a line drive off of his bat.

"Kieran turned his head just slightly, and the ball ended up hitting him halfway up the head near the temple," said Kayla Gillooly, his wife of five years. "I can still hear the sound of that ball cracking on his head. It just gives me goosebumps. I was sitting on the bench, and screamed bloody murder and ran out to him."

Kieran said he saw green, and a gush of clear fluid that Kayla said was likely cerebrospinal fluid, poured from his nose.

"It could have been way worse," said Kayla. "A couple of centimetres the other way, and I don't think he could have got up off the field."

Kieran waved away help and was later cleared at an emergency room visit, though a doctor suggested he be watched from home for the next few hours, and woken every two hours. At home after the pressure in his head increased he was kept overnight and released from the hospital the next morning, on Mother's Day.

"Kieran was just not himself, and Tylenol wasn't helping," said Kayla. "He was staring off into space. He wasn't there, it was like he was kind of staring past you."

The staring would turn out to be seizures, and the fluid that continued to leak down Kieran's throat was alarming to Kayla, though he continued to explain it away. When Kieran started speaking in a confused manner, she packed up their two young kids and their dogs to stay with family, and organized bags to take him to the hospital again.

"As I'm doing that, Kieran's pressure in his head reached a maximum, and he couldn't take it," she said. "He said, 'we need to go, we need to go now.' It's like a switch had flipped, where before he was saying he was fine."

A doctor at Haliburton Hospital directed Kieran to Lindsay for a cat scan. Tests revealed a two centimetre bleed on the brain.

"This is crazy uncommon," said Kayla. "You don't see a baseball hit to the head lead to brain trauma."

Kieran was admitted to the hospital, where he struggled to get comfortable due to pain, pressure, a possible sinus infection and adverse effects to the seizure medication he was put on.

In his desire to leave the hospital and return home to his kids, Kayla said Kieran ended up overdoing it by trying to walk a short distance and required more rest.

"When you overdo it like that, it could be days, it could be weeks, you end up declining and laying in bed," she said.

Kieran was released from the hospital a few days later, and returned home to continue recovering.

"The drive home was horrible," said Kayla. "Kieran was having major light sensitivity and the drive with the bumps in the road made it unbearable for him."



Gillooly has been recovering from a brain bleed in hospital and at home since being hit with a softball on May 13. According to his wife, Kayla, he is only the third patient with brain trauma to be seen at the concussion clinic in Barrie. Submitted photo

Once home, Kieran moved into a "bat cave," with blacked out windows, for four days.

"He wasn't allowed to have any brain stimulation," said Kayla. "No TV, no phone, no radio – he was literally in there in complete darkness."

Kayla said the isolation and need for assistance with walking, eating and bathing was difficult for Kieran.

"He's such an independent person," she said. "This little thing changed his whole life pretty much."

After a recommendation from a neurologist in Kingston, Kieran was referred to the Barrie Concussion Clinic. Kayla said Kieran is only the third patient with a concussion and brain trauma to be seen at the clinic.

"They were great," said Kayla. "It's an amazing team down there that's leaving no stone unturned."

The restrictions on Kieran's daily routine began to make him angry and irritable, and Kayla said the team at the concussion clinic listened to their needs.

"Everything that made him him was stripped away from him," she said. "He's not one to sit and do nothing. He's always go, go, go. They were being really cautious because of the bleed on the brain, but Kieran said, 'listen, you have to let me go back to work, just for light duties.'"

After further testing, the team approved a very slow return to work. Kieran works as a heating and cooling technician for Kegal Heating and Cooling, and also runs Algonquin Cottage Care, his side business.

"Kieran has a long road ahead of him because once they give him the green light that the brain bleed has reabsorbed, the clinic will then push him to find out what his limits are," said Kayla. "They will bring on his concussion symptoms and help guide him back with retraining his brain again."



Kieran Gillooly, a softball enthusiast, was injured playing ball on May 13.

At Kieran's insistence, Kayla has returned to playing softball.

"He said that if he plays next year, he's definitely wearing a helmet," said Kayla. "He won't play without one. He'd rather break his arm, because in six weeks you know the cast is coming off. This has affected him and his life and us, over a sporting game."

Kayla and Kieran are grateful for the support they've been offered by family, friends, strangers and Kieran's employer, as well as Eco-Choice Pest Control, who generously helped the family deal with an unexpected carpenter ant infestation that came at an already stressful time.

"The support we've gotten from everyone is amazing," said Kayla. "These nice

words that everyone said on Facebook or on messages on his phone – he became more and more uplifted with every message, and it made him agree and say, 'yes I am bullheaded, yes, I can get through this, this isn't going to stop me.'"

A stable EEG on July 19 will allow Kieran more freedom, though he'll still need to take it easy.

"He's doing amazing," said Kayla. "He's blowing everybody out of the water. This kid has so much determination to get back to being himself again."

A GoFundMe has been organized to help the family support themselves during Kieran's care and recovery: www.gofundme.com/support-for-the-gilloolys.

Kinmount Foodtown changes hands

by SUE TIFFIN
Times Staff

After 18 years, one month and 26 days, Tom and Susan Lang have sold Kinmount Foodtown and settled into retirement, just two weeks before Tom's 65th birthday.

The Langs have been a mainstay in Kinmount's downtown area, after they purchased the grocery store in 1999.

"I wanted to have a rest," said Tom. "When you open your own business, you're basically on the job seven days a week. I had done that for over 18 years, and wanted to enjoy life a bit and let someone else take up the challenge."

The Langs purchased the store from the Scott family, who had been running it for decades.

"It's been there quite awhile and I hope it's going to be there for awhile yet," said Tom.

After the purchase, Tom and Susan put a new roof on the building, installed new floors, and updated equipment including cash registers over the years.

"You have to keep with the times and keep progressing, and if you don't, you're going to get left by the wayside," said Tom.

Tom has lived the history of grocery store evolution, having been in the grocery business since he was 16 years old. Growing up in Scarborough, he worked downtown part-time for Dominion Stores Ltd.

"We saw a lot of changes," he said. "We used to price things by hand with rubber stamps, and of course in the mid '70s when the UPC codes came in, that eliminated a lot of pricing. By the '80s, we didn't have to price anything anymore."

He and Susan moved from Peterborough to the Kinmount area, where Lang's mother's family was from. He became a familiar face at Dollo's IGA and Easton's Valumart in Minden, at Mr. Grocer in Lindsay and Strang's Valumart in Bobcaygeon. When the Kinmount store came up for sale, Tom said "Susan and I put all our stuff together and ended up buying it."

"Every day in the grocery business is a new experience," he said. "You have to be able to rely on your past efforts and past experiences to help mould you going forward. Getting to work with and meet so many great people – and having people remember you – just makes it so rewarding."

Tom and Susan made the store their family business, with their children helping when they could.

"I got to work with both my children," said Tom. "They grew up as we owned the store. They worked their way through school, and every summer they would come back to work for us."

He said being able to support students was a highlight of the couple's career in Kinmount. Tom was named Citizen of the Year by the local Lion's Club in 2001, in part for his efforts in organizing Kinmount Minor Sports, and for building a ball diamond at St. Patrick Church. He and Susan also ensured they supported students by offering employment at the store to teens – some who they had known all their lives.

"Being able to hire students, see them grow up, progress and move on to their careers – I've seen kids born, and then 15 years later, they came to work with us. That to me is one of the ultimate success stories for Kinmount Foodtown," he said. "We really enjoyed that part of it."

Now, the couple have settled down to enjoy their house and to keep busy training two puppies they've just adopted.

"I'm going to catch up on housework that has been piling up here for 18 years, as you can imagine," said Tom. "We just want to be able to enjoy life."

Retirement hasn't stopped Tom from visiting the store – both to shop at, and to help where needed while the new owners, Ben Park and Gina Choi, get settled.

The store changed hands on May 26.

"I'm very confident in the new owners, that they're going to carry on the tradition with the Kinmount grocery store," he said. "I hope people come out and support them – I think they'll do a great job."

Park and Choi are managing the store on behalf of Ben's uncle, and new store owner Joon Park, who owns Joon's Wholesale in North York.

The couple, who moved here from Sarnia, are not strangers to retail, but have been working 16 hour days, every day, to familiarize themselves with the grocery store and prepare for the busy tourism season.

"This is our first time with a grocery store, so we have to learn many things," said Ben.

They are working to add more convenience products to the shop, including candy, chocolate bars, lottery tickets and



Ben Park and Gina Choi are the new managers of Kinmount Foodtown. After operating the store for 18 years, owners Tom and Susan Lang recently sold the store to Park's uncle, the owner of Joon's Wholesale in North York. /SUE TIFFIN Staff

large refrigeration coolers for grab-and-go drinks.

At the end of long days, the couple said they quietly retreat to the bed and breakfast in town, where they are staying until the apartment space above the store is available at the end of the month.

Park and Choi haven't had much time to explore the area, but said they are happy to be there – except for one unexpected surprise.

"I've never seen so many mosquitoes," said Ben, showing off welts on his arm.

Tom has been visiting the store to help answer questions where needed, and ensure Park and Choi are welcomed to the neighbourhood.

"They're great new people running it," he said. "They're very suited to the small town. They're hard workers and conscientious. It was very important to Susan and I that we found the right people."

The relationship with Lang was essential to Joon Park too, as Ben said Lang's personality and work ethic really drew Joon to the store.

Carrying on the Lang's legacy, Ben and Gina hope to hire a few students to help and are accepting applications from interested teens.

Kinmount Independent Grocer, colloquially known as Foodtown, is located at 4072 County Road 121 in Kinmount.

mindentimes.ca



HALLS LAKE SWIM PROGRAM 2017

Red Cross & Lifesaving Society Bronze Levels
(based on advance registration)
2 sessions July 10 to 28 & July 31 to August 18
Register on Saturday, July 1 from 10 a.m. to 12 p.m.
Please register to ensure your level is offered!
@ The Stanhope Firefighters'
Community Hall on North Shore Road.
705.766.9968 recreation@algonquinhighlands.ca
www.algonquinhighlands.ca

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Rocking Allstars
July 2



Sunday's 5-9 PM No Cover, All Welcome

TUESDAY TIKI PARTY

LIVE MUSIC / DANCING



Bill Nadeau
July 4 - 5 PM
No Cover All Welcome

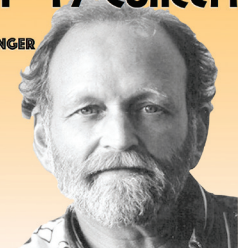


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SATURDAY NIGHT LIVE



Al Lerman
July 8

SATURDAY 8:30PM NO COVER, ALL WELCOME

113 Main St, Minden, ON K0M 2K0
(705) 286-6954 www.dominionhotelpub.ca



Alain Pitre of Quebec competes in the novice bucking horse event at the Ram Rodeo Tour on Saturday, June 24, at the Minden Fairgrounds.



Hold on for the rodeo!

Above, Brendan Bowie of Beamsville competes in the novice bucking horse event at the Ram Rodeo Tour on Saturday, June 24 at the Minden Fairgrounds. The two-day event included a variety of attractions and rodeo favourites such as bull riding, barrel racing and saddlebronc riding. Minden is the second stop on the 15-stop tour in Ontario.

Right, a young boy rides a sheep at the Ram Rodeo Tour event

DARREN LUM Staff



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AT 12:30 PM

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PETERBOROUGH
HALIBURTON

YWCA Women's Centre
of Haliburton County
invites you to attend our

**ICE CREAM
SOCIAL**

on

**WEDNESDAY,
JULY 5th**

as our way of saying

**THANK
YOU!**

for supporting local women
and children fleeing abuse.

Thank you to The Minden Times
for generously donating this ad.

ARTISANS MARKET
Minden Hills

Saturday Mornings

June 24th—September 2nd

10AM-2PM

★ **LOCAL HANDMADE ITEMS : TEXTILES, JEWELRY, WOOD PRODUCTS, PHOTOGRAPHY and more!** ★

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~Milne Street~

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eweiss@mindenhills.ca

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MINDEN ONTARIO

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2017 Summer Free Family Events in Minden

Programs start at 6:30 p.m.

Wednesday July 6

Haliburton Highlands Time Travelers
at Kawartha Dairy

Upcoming Events

Wed. July 12 — Algonquin Outfitters with Kayaks on the Gull River. Meet opposite the Post Office on Invergordon Avenue

Wed. July 19 — Float Your Hull Down The Gull- Meet at Rotary Park. Hosted by the Rotary Club of Minden.

Thurs. July 20 — Haliburton Highlands Time Travelers at Kawartha Dairy

Wed. July 26 — Heart & Stroke Big Bike Ride in Minden. Watch for the 30 seat Red Bike in Downtown starting at 5:00

Thurs. Aug 3 — Haliburton Highlands Time Travelers at Kawartha Dairy

For more information on these events please call Lynda Litwin -
Make it Minden Coordinator
705-286-2911 ext 235

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Locke looks to break lifting record

by ROBERT MACKENZIE
Times Staff

After setting an unofficial record and placing third overall in a national competition, Stuart Locke is looking to break a national power lifting record, but by his count, he only has three more years to do so.

Locke competed at the Canadian Powerlifting Federation’s (CPF) Pro Nationals in Guelph June 3. In the competition, which requires a squat, dead lift and bench press, then adds the totals and factors in the competitor’s weight, Locke finished first in the 275 lbs. weight class and third place overall, lifting a total of 1,857 lbs. over the three events.

Locke, 23, moved to Haliburton when he was 10, attending JDHES and later HHSS. In Grade 11 he started to take football more seriously, and did more weightlifting as a result, something which he quickly excelled at. After completing a high school victory lap, Locke was offered a spot on University of Ottawa’s football team.

Injury concerns ultimately ended Locke’s football career at school, forcing him to find another channel for his physical activity as he finishes his degree in religious studies. “Right around the time I stopped playing football, I knew I needed a competitive outlet so I picked a [power lifting] meet the following June and started training for it,” Locke said in an email to the *Times*.

While he’s been competing in the sport ever since he ended his football career, Locke doesn’t appear to have the same passion for the sport as he did football. “I haven’t actually liked lifting in a very long time, I just do it as a matter of course,” he said. “I’ve been doing it so long it’s sort of like I’m on autopilot and I just happen to be pretty good at it.”

Although he may not like the sport, Locke says it’s fun to take part in the competitions. In a relatively short amount of time he has become quite competitive in the sport. In the June 3 competition Locke set an unofficial record in the 275 lbs squat, junior squat, junior bench press, junior dead lift and junior total score. (In the CPF, you have to tell a judge you’re attempting a record in order for it to be official. Locke says he didn’t realize he was attempting a record, so he didn’t tell



Stuart Locke squatted more than 700 lbs at the Canadian Powerlifting Federation’s Pro Nationals competition in Guelph June 3. With the squat, Locke unofficially broke the CPF’s national squat record. Photo courtesy of Stuart Locke

them.)

Now Locke’s goal is to set the total Canadian CPF record of 2,157 lbs., but he’s only giving himself until the age of 26 to accomplish that feat.

“Powerlifting, while fun to compete in, is damaging to your body. I already have nagging injuries from football and I’ve told myself I have until I’m 26 to accomplish whatever,” he

said. “If I don’t get it by 26, that’s life. At some point you need to think about your life after sport, and I told myself from the start if it became more trouble than it was worth that I would stop.”

Locke is able to squat more than 700 lbs., but after a rough injury history from his athletic career it appears his health weighs in as his No. 1 priority.

For the love of tennis

A tennis tournament was held at the Stanhope courts June 20.

Right, in mixed doubles silver medallists Al Aubry, Robin Binsted and gold medallists Marianne Fenninger and Ron Miceli

Far right, senior tennis games held at Stanhope boast the women’s silver and gold finalists. Ilsemarie Tarte, Marianne Fenninger, Jane Boyd and Robin Binsted.

/Submitted by Marianne Fenninger



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Scientists catalogue the forest

Naturalist Kyle Holloway of Brampton, second from front, leads a group on the Dragonflies and Damselflies hike during the Highlands' first ever Bioblitz on June 24 at the Dahl Forest. This two-day event, which was facilitated by the Haliburton Highlands Land Trust, from June 24 to 25 was one of many Bioblitz events held across the country in celebration of Canada's 150. It included guided hikes and 24 hours of research by scientists, experts, naturalists and volunteers, who catalogued as many local species as possible in 24 hours. It is also part of Land Trust Discovery Days programs which is partly funded by the TD Friends of the Environment Foundation, the Biodiversity Education and Awareness Network. This event was made possible in part by the Government of Canada./

DARREN LUM Staff

Naturalist Kyle Holloway of Brampton points to the sky for dragonflies.



Researchers wade through the Burnt River looking for fish to collect, using nets and a backpack electrofisher – stuns fish to research – during the Highlands' first ever Bioblitz on June 24 at the Dahl Forest.

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Celebrating Canada

As we mark our beloved country's 150 anniversary, we are filled with gratitude to be Canadian. We recognize the rich history, culture, diversity and natural beauty that make Canada a unique and wonderful place to live, and we look forward to celebrating the ongoing accomplishments and innovations that make this nation a source of pride and joy for all of us who call Canada home.

Happy birthday, Canada!

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Confidence In Motion

ASES student have wonderful time

Grade 7 and 8 students from Archie Stouffer Elementary School travelled to Canada’s Wonderland for their year-end trip on June 21. For some, it was their first time riding a roller coaster. Karen London STAFF

Notice

NOTICE



Notice of Hydrant Flushing

Please note that mandatory Fire Hydrant flushing will be performed throughout the Minden Water Distribution System during the weeks of

July 3, 2017 to July 14, 2017

During this period please allow your water to run for 2-5 minutes to clear any discolouration through the home plumbing.

For more info, please call Ivan Ingram, Environmental & Property Operations Manager (705) 286-1260 ext. 216

Notice of Sewer Flushing

Please note that regularly scheduled sewer maintenance will be taking place throughout the Township of Minden Hills Wastewater Collection System and Storm Water Systems during the first 2 weeks of July to remove settled and accumulated material.

During this process, pressurized water will be released at each manhole on the roadway through the sanitary sewer/ storm water lines to remove any buildup.

A bubbling and/or vacuum effect may be noticed in your drains and/or toilets due to the sanitary flushing. It is recommended to keep toilet seats closed and cover any floor drains. Internal plumbing consists of “P” traps which hold a volume of water to prevent sewer gases from migrating into the home. During the flushing process, this water could be drawn out of the traps by negative pressure created in the sanitary sewer line. For this reason it is important to refill all plumbing traps by running the water in your sinks and floor drains after work is completed.

We ask for your patience and understanding during this process as it is necessary to eliminate the potential for sanitary sewer main surcharging or storm water backups which could result in damage to property.

Please contact Ivan Ingram, Environmental & Property Operations Manager at iingram@mindenhills.ca or 705-286-1260 ext. 216 for more information.



mindentimes.ca

Notice



NOTICE OF AN OPEN HOUSE AND PUBLIC MEETING
CONCERNING A PROPOSED ZONING BY-LAW AMENDMENT
ZONING BY-LAW UPDATE – PHASE 1 HOUSEKEEPING
(PLZBA2017024)

TAKE NOTICE that Council for The Corporation of the Township of Minden Hills will be holding a Public Meeting under Section 34 of the Planning Act, R.S.O. 1990, c.P. 13 as amended, to inform the public of the proposed Zoning By-law Amendment. The purpose of a Public Meeting is to provide the public with an opportunity to understand and comment on the proposed Amendment.

A location map is not provided with this notice, as the proposed amendment applies to all and various lands within the limits of the Township of Minden Hills.

PURPOSE AND EFFECT: The housekeeping amendment proposes broad changes to various definitions in order to ensure consistent language throughout the text; new Minimum Distance Separation Requirements (MDS) to be consistent with Provincial Policy; new and revised regulations providing standards and requirements for parking, including accessible parking, and loading spaces; revised sections on non-complying buildings and structures, and shoreline structures; new regulations governing hunt camps; establishing minimum setback distances from private roads; and allowing for two (2) storey accessory structures in certain situations.

AND TAKE NOTICE that the Township will be hosting an Open House to give the public an informal opportunity to review and ask questions about the proposed amendments. Any person may attend an Open House to discuss their comments and concerns with municipal planning staff. Comments and concerns received as a result of the Open House will be considered in the preparation of a Planning Report for Council’s information, and may result in modifications to the proposed amendments.

DATE AND LOCATION OF 3rd OPEN HOUSE

Date: Saturday, July 8th, 2017
Time: 1pm – 3pm – Presentation to start at 1:30 with question and answer period to follow.
Location: Minden Community Centre
55 Parkside Street
Minden, ON

DATE AND LOCATION OF 3rd PUBLIC MEETING

Date: Thursday, July 27th, 2017
Time: 9:00 am
Location: Municipal Council Chambers, 7 Milne Street, Minden, ON.

FOR MORE INFORMATION ABOUT THIS MATTER, including information about preserving your appeal rights, contact the undersigned at iclendening@mindenhills.ca.

ADDITIONAL INFORMATION regarding the proposed amendment is available to the public for inspection at the Township of Minden Hills Municipal Office located at 7 Milne Street between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday, or by contacting Mr. Ian Clendening at 705-286-1260 (ext.206) or online at www.mindenhills.ca/ZoningUpdate.

IF A PERSON OR PUBLIC BODY does not make oral submissions at a public meeting or make written submissions to the Corporation of the Township of Minden Hills before the proposed by-law is passed, the person or public body is not entitled to appeal the decision of the Corporation of the Township of Minden Hills to the Ontario Municipal Board

IF A PERSON OR PUBLIC BODY does not make oral submissions at a public meeting, or make written submissions to the Council for the Corporation of the Township of Minden Hills before the proposed by-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to do so.

If you wish to be notified of the decision of the Township of Minden Hills in respect to the proposed amendment, you must submit a written request to the Township of Minden Hills.

DATED this 22nd day of June, 2017
Ian Clendening, Planner
7 Milne Street, P.O. Box 359
Minden, ON, K0M 2K0



Fundraiser gives \$2,311 to HAVE

Centre, Ron Reid, founder of HAVE (Help A Village Effort), accepts a \$2,311 cheque on behalf of HAVE from the Haliburton Highlands Food and Beverage representatives Tom Dawson, far left, Diane Dawson, who is also on HAVE's board, Paul Morin and Pamela Morin on Tuesday, June 27 at the Wintergreen Maple Products location. The Dawsons, who are owners of Wintergreen and HAVE supporters, provided the venue while local vendors donated time and products for the annual charity event. Organizers appreciate local sponsors and the more than 200 people who attended the culinary event to raise money for HAVE, a volunteer organization that helps people who do not have fresh, safe drinking water, and the YWCA women's centre./DARREN LUM Staff



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9:30am—3pm

AGE 9+

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To register call
705-286-3763

July 5, 12, 19, 26 August 2, 9, 16, 23, 30

1910 Day Camp at the Minden Hills Museum
& Heritage Village

Children will spend a day at the Village doing daily chores and activities of the early 19th century settlers of Minden. The day may involve: school house activities, husbandry chores, heritage food preparation, fibre arts weaving and sewing, gardening, games and heritage crafts. Within the five heritage buildings, children will do a series of hands-on activities, learning what life was like before technology. Skills on how to bake, weave, sew and working with tools is a great experience for children today. Instructed by trained staff in time period costumes. For more information call 705-286-3154.



A special **THANK YOU** to all of those affected by the flood for your patience, understanding, cooperation and support.

And as well, a huge **THANK YOU** to everyone who offered and/or provided assistance for housing, food, sandbagging, clean-up, financial aid etc. during the flood.



The Township of Minden Hills is grateful to everyone who volunteered – Organizations, businesses and individuals, who offered assistance or helped those affected by the flood. It has been truly inspiring to see our community come together so strongly during a time of crisis.

In appreciation to all family members, friends, acquaintances, neighbours and individuals from within and outside our community, and to the following:

Accuworx Inc.
Algonquin Highlands Fire Department
Algonquin Highlands Roads Department
Archie Stouffer Elementary School
Canadian Red Cross
Canadian Tire (Minden)
Canoe FM Radio Station
City of Kawartha Lakes
City of London
City of Toronto
Community Support Services
Concrobium Mold Solutions
Durham 4x4 Club
Fowler Construction
Global Medic
Haliburton County Development Corporation (HCDC)
Haliburton County Emergency Services (EMS)
Haliburton County Roads Department
Haliburton Highlands Health Services (HHHS)
Haliburton Highlands OPP
Haliburton Kawartha Pine Ridge Health Unit (HKPR)
Highlander Newspaper
Hydro One
Insurance Bureau of Canada
Jamie Schmale, MP
John Howard Society, City of Kawartha Lakes
Lake & Cottage Associations in Minden Hills
Lakelands Association of Realtors

Laurie Scott, MPP
Mennonite Disaster Services
Minden Animal Hospital
Minden Bible Church
Minden Curling Club
Minden Food Bank
Minden Hills Fire Department
Minden Hills Staff
Minden Home Hardware
Minden Kinsmen Club
Minden Legion (Branch 636)
Minden Lioness Club
Minden Lions Club
Minden Times Newspaper
Minden United Church
Minister/Ministry of Municipal Affairs
Ministry of Natural Resources & Forestry (MNRF)
Moose FM Radio Station
Municipality of Dysart Fire Department
Office of the Fire Marshall and Emergency Management (OFMEM)
Ontario Clean Water Association (OCWA)
Orillia Power Corporation
Our Lady Fatima Catholic Church
Parks Canada/Trent Severn Waterway
Rotary Club of Minden
Salvation Army
Simcoe 4x4 Club
Safe Haven Resort

South Wind Volunteer Group
St. Paul's Anglican Church
Town of Bracebridge
Trillium Lakelands District School Board/
CHIMO Family Youth Services
Water Depot
All other Media Outlets



Minden students walk for water

by **SUE TIFFIN**
Times Staff

The Riverwalk in Minden was filled with staff and students from Archie Stouffer Elementary School on the afternoon of June 22, when the school joined together to raise awareness and funding for clean water in impoverished villages.

Notice

THE ONTARIO ENERGY BOARD WANTS TO HEAR FROM YOU

Hydro One has applied to raise its electricity distribution rates.

This may affect your bill for the next 5 years, starting January 1, 2018. If approved, a typical residential customer would see monthly increases* of:

2018	2019	2020	2021	2022
+\$2.79	+\$2.47	+\$2.31	+\$1.95	+\$2.23

*These amounts do not include any credits resulting from the Fair Hydro Act, 2017.

HAVE YOUR SAY AT AN ONTARIO ENERGY BOARD COMMUNITY MEETING Join us in person, by phone or online.

Wednesday, July 12, 2017
6:30 p.m. to 8:30 p.m.

All Hydro One customers are invited to call in to a province-wide Telemeeting

- Call, toll-free 1-800-806-5484
Pass Code 8940608#
- Online, send us an email at ConsumerVoice@oeb.ca and we'll send you the link

Thursday, July 13, 2017
6:30 p.m. to 8:30 p.m.
Doors open at 6:00 p.m.

Bracebridge Sportsplex
Auditorium
110 Clearbrook Trail, Bracebridge

Registration is not required, but appreciated! Visit oeb.ca/community-meetings for details.

If assistive devices or any other special considerations are needed, please email AODA@oeb.ca.



WHY ATTEND?

- Learn more about your utility's costs and rate application
- Find out how you can get involved in the OEB's process
- Provide your comments to the OEB about your utility's application



WANT TO MAKE A PRESENTATION AT THE MEETING?

If you would like to make a 5-minute presentation at the meeting, please email us at registrar@oeb.ca or call **1-877-632-2727 (toll-free)**.

The OEB file number for this case is **EB-2017-0049**.

View Hydro One's full application at oeb.ca/notice.



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"We're doing it to help kids in India, to build a well," said Fallon Thorn, as she balanced a bucket full of water along the walk. "They walk hours and hours."

"But we can get water easily," said her friend, Elyse Boisvert.

"That's very noble," one bystander told the students as they passed him on Invergordon Avenue.

"They're emulating what it's like for a young person – usually young girls, and it's considered housework – to have to walk up to three kilometres away for access to clean water," said Carolyn Langdon, representative for the Help a Village Effort charity.

The Walk for Water event began as a class project for Michele Coneybeare's students. When she extended the invitation to participate to other classes, the answer was a re-

see page 21



Brandon Farrow, left, and Madison Dydyk were part of the entire ASES staff and student body – from kindergarten to Grade 8 – who participated in the awareness and fundraising walk on June 22. "We live in a tremendous community and country to have the freedom and safety to join together in such a fun way to help others," said Michele Coneybeare, ASES teacher and HAVE board member. /SUE TIFFIN Staff



Hayden De Adder carried a bucket of water while teacher Sue Smallwood walked alongside students during the ASES Walk for Water. The walk supported HAVE (Help a Village Effort), a registered charity formed in Haliburton County in 1982. The charity is represented throughout Canada, and focuses on providing safe drinking water, sanitation and good hygiene education in rural villages, largely in India.

More than \$1,000 raised for clean drinking water

from page 20

sounding yes. The students – from kindergarten to Grade 8 – raised more than \$1,000 toward a well that will be installed in a rural village in India through the initiatives of HAVE. A hand pump costs about \$1,500 to install, and an electric system can cost \$2,500 to \$3,000.

“Some of us did some reading and researching about clean water and access to it in underdeveloped countries,” said Coneybeare, a Grade 3 teacher and HAVE board member. “Some of my students were earning their donations by doing extra chores at home.”

Representatives of the ASES Me to We team were stationed outside of TD Bank during the walk, to help answer



Lillian Garbutt and Denise Sherbakov carried a banner bringing awareness to the walk. The staff and students raised enough to have a hand pump well installed in a village in India through the HAVE program.

questions and raise additional donations. Aryah Sullivan, Jasmine Jawanda and Alexius Mills said they were excited to pair up with the HAVE efforts as their global initiative focus.

“It was neat hearing people walking saying, ‘this is heavy, how do they do this?’” said Sullivan.

“I was on the opposite bank of the river with my class when other classes were walking out from the boardwalk with banners and buckets, cheering and waving,” said Coneybeare. “It was a real ‘wow’ moment. I had a few tears building. We live in a tremendous community and country to have the freedom and safety to join together in such a fun way to help others.”

HAVE is a registered charity formed in Haliburton County

in 1982. The charity is represented throughout Canada, and focuses on providing safe drinking water, sanitation and good hygiene education in rural villages, largely in India. The organization hires people local to the villages to help install the pumps. In 35 years, HAVE has installed about 1,200 pumps within rural India, according to Ron Reid, president. An additional \$2,300 each for both HAVE and the YWCA was raised at the recent Highlands Food and Beverage Showcase at Wintergreen according to the Wintergreen Facebook page.

To learn more about HAVE, visit: www.helpavillageeffort.org.



ASES students and staff, including Sean McCutcheon's Grade 2 class, walked along Minden's Riverwalk on June 22 to get a better idea of what it feels like to have to walk for clean potable water, like their peers in the world's poorest areas.

Notice

MINING ACT

GOVERNMENT NOTICE – UNDER THE MINING ACT LANDS AND/OR MINING RIGHTS TO BE FORFEITED FOR MINING LAND TAX ARREARS

PURSUANT to the provisions of the *Mining Act* R.S.O. 1990, Chapter M.14, Section 197, the following list of lands and mining rights in respect of which mining land tax and costs to May 31, 2017, imposed by the said Act, are two years or more in default, notice is hereby given that unless the amount due as shown is paid on or before **December 31, 2017** some or all rights and any interest may be forfeited to and vested in the Crown but shall not be open for prospecting, staking out, sale or lease until published in one issue of THE ONTARIO GAZETTE. (This is not a tax sale. The lands cannot be purchased by paying the taxes.)

Christine Kaszycki
Assistant Deputy Minister
Mines and Minerals Division
Ministry of Northern Development and Mines
Communications regarding this matter should be directed to:
Mining Lands Revenue Clerk
3rd Floor, 933 Ramsey Lake Road
Sudbury, ON P3E 6B5
tel: 705-670-5850 or 1-888-415-9845, ext. 5850

LOI SUR LES MINES

AVIS GOUVERNEMENTAL – EN VERTU DE LA LOI SUR LES MINES CONFISCATION DE TERRAINS ET DE DROITS MINIERS EN RAISON D'ARRIÉRÉS D'IMPÔT

CONFORMÉMENT aux dispositions de l'article 197, chapitre M. 14 de la *Loi sur les mines*, L.R.O. 1990, si l'impôt et les frais jusqu'au 31 mai 2017 exigibles en vertu de la présente loi à l'égard des terrains et droits miniers ci-dessous sont en souffrance depuis au moins deux ans et ne sont payés avant le **31 décembre 2017**, soyez avisés que la totalité ou certains des droits et tout intérêt pourraient être confisqués et dévolus à la Couronne. Ces terrains ne peuvent cependant faire l'objet d'une prospection, d'un jalonnement, d'une vente ou d'un bail avant qu'ils ne paraissent dans un numéro de la GAZETTE DE L'ONTARIO. (Il ne s'agit pas d'une vente aux fins de l'impôt. On ne peut acheter les terrains en payant l'impôt.)

Christine Kaszycki
Sous-ministre adjointe
Division des mines et des minéraux
Ministère du Développement du Nord et des Mines
Adresser toute communication à ce sujet au :
Commis aux recettes des terrains miniers
933, chemin du lac Ramsey, 3^e étage
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ACCT. NO./ NUMÉRO DE COMPTE	PIN/CÔTE FONCIÈRE	DESCRIPTION	HECTARES	TOTAL OWING/ MONTANT DÙ
TOWNSHIP OF CARDIFF/CANTON DE CARDIFF				
SO**1034-0001	39247-0162(LT)	Mining Claims EO5584 and EO5585, Lot 12 Con 9; part of PIN	40.469	\$1,156.15
SO**1034-0002	39247-0162(LT)	Mining Claims EO5586 and EO5587, Lot 13 Con 9; part of PIN	40.469	\$1,156.15
SO**1034-0003	39247-0162(LT)	Mining Claims EO8372 and EO8373, Lot 14 Con 9; part of PIN	40.469	\$1,156.15





YWCA receives cheque from Food and Beverage Showcase

From left, Tom Dawson, Diane Dawson, Pamela Morin and Paul Morin of the Highlands Food and Beverage Showcase presented a \$2,311 cheque to Daisy Downs of the YWCA women's centre on Tuesday, June 27 at the Wintergreen Maple Products in Gelert. Every year the event raises money for the global charity Help A Village Effort, and a local charity, which was the YWCA. The Dawsons, who are owners of Wintergreen and HAVE supporters, provided the venue while local vendors donated time and products./DARREN LUM Staff

County names new EMS chief

Tim Waite, who was previously a deputy-chief in charge of quality assurance and education for the Haliburton County Paramedics, has been named new paramedic chief and EMS director.

Haliburton County Paramedics announced Waite's promotion earlier this week.

Haliburton County confirmed in January that its previous EMS director was no longer with the municipality. The details around his departure were not disclosed.

**Have a thought,
comment or opinion
you'd like to share?**

Send a letter to the editor to
jenn@haliburtonpress.com

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Carnarvon celebrates its sesquicentennial this year

by CHAD INGRAM
Times Staff

There has been much attention on Canada's sesquicentennial anniversary this year, and locally, the coinciding 150th anniversary of the municipality of Dysart et al.

But there is another Haliburton County community celebrating its sesquicentennial in 2017: Carnarvon.

Carnarvon, today located at what is the intersection of Highways 118 and 35 at the northern tip of Minden Hills township, officially became a community in 1867, with the naming of the Carnarvon post office.

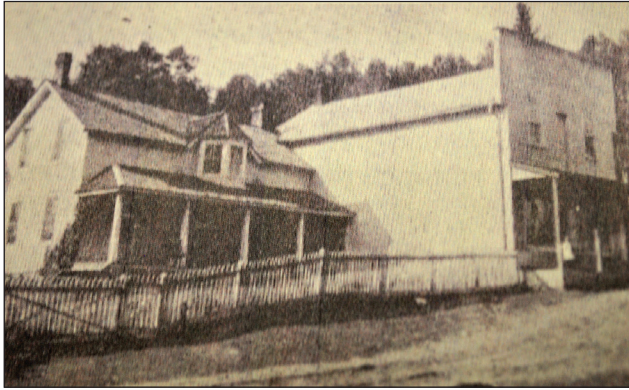
Its first postmaster was Andrew Barnum, who was appointed on Sept. 1, 1867, according to *Carnarvon: Its Early Beginnings and The Musings of Mirror Lake* by Fred Gregory.

Gregory is an amateur historian and author whose family has lived in the area for past couple of centuries.

According to the book, the first European settlers in the area would have been fur traders, from about 1816 onward.

There was a trading post at Moore Falls, headquartered with a workshop and sod bunkhouses at Moore's Point, between what today are Boshkung and Little Boshkung Lake.

"The logging crews started up several sawmills that provided some employment for local settlers when they were built on Big Boshkung Lake, Twelve Mile Lake, the Gull River at Minden and the south end of Gull Lake," the book reads. "When trying to establish the names of first settlers in an area we are often baffled by several claims to who was there first. This is easy to understand because in those times all travel was by foot or canoe in the Haliburton region. Once a settler selected a location to start farming he didn't roam about sightseeing. Clearing an area for a cabin and sheds was time-consuming for one man and an axe. It is very unlikely that he had hauled a crosscut saw through the bush along with his musket, bedroll, seed bags, winter and summer clothing and cooking utensils and axe. All necessi-



This photograph depicts Carnarvon's first post office and general store. From *Carnarvon: Its Early Beginnings and The Musings of Mirror Lake* by Fred W. Gregory. /Submitted

ties of life had to be carried in and when lost, broken or used up the closest trading post was Fenelon Falls to replenish supplies. It was often discovered that two or three first settlers lived within five or 10 miles of another and had never met or knew they had neighbours."

One man who'd come through what would be the Carnarvon area circa 1860 was George Henry Kenney, who'd been sent to Gull River – the village that was later renamed Minden – to start up a new mission.

According to Gregory's research, notes that Kenney submitted at a church conference in 1860 showed his travels consisted of meetings with lonely settlers spread far apart, and that he found no bridges and only partially completed roads.

"No one was able to describe a regular path to travel and back tracking occasional travellers he found their tracks soon disappeared and he went on faith alone that he was heading in the right direction to the next settlement," Gregory writes. "He borrowed boats and canoes and left them at the next

stopping place to be returned to their owners if they didn't take him on themselves."

According to Kenney's notes, at the narrows between the Boshkung Lakes, he found a Mr. Hunter in the company of First Nations people and bridge builders. Apparently Hunter had arrived in the area shortly after the 1837 rebellion, having had something to do with the rebellion and an author's note by Gregory reads that while Hunter had occupied a fur trading camp at Moore's Point, he was thrown off the property when the owners returned from a trip to Port Hope.

In fact, according to Gregory's research, Hunter may not have been the only early Carnarvon area resident running from the law.

During the 1860s, parcels of land in Haliburton County were being sold in Toronto through the Canadian Land and Emigration Company and during this process, some early settlers who'd set up camp wherever they pleased were displaced.

"Some of the dispossessed settlers had a prior run-in with the law and they were hiding and couldn't afford the risk of fighting for their land rights as original squatters," Gregory writes. "Thus, they had to move on and start over again somewhere else."

By 1867, there was enough settlement at Canarvaon that the government set up a post office there. Following Barnum, other early postmasters were Andrew Brown, Edward Sisson, George P. Hart, Thomas Rogers and Blanche Windsor.

By the early 1900s, Carnarvon was a pioneer community with a cheese factory; a bed and breakfast; a sawmill at the north end of Twelve Mile Lake and another near the Buck Slide near Boshkung; a wagon, sleigh and buggy factory; a brick-making business; a blacksmith shop; a general store; two schoolhouses; two churches; and a community centre and dance hall.

The community was surrounded by farms owned by families with surnames such as Chambers, Cowan, Harrison, Mason, Moore, Warner, Russell and Thomas.

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UPCOMING Community Events

July 1st Minden's Crazy Raft Race.

Registration from 11am to 12.15pm, no entry fee. Race start 12.30pm. Prizes for Most Original Raft, Best Costumes, Most Enthusiastic Crew, and First to Finish. For more information contact Race Director Bill Chadwick at 905 717 7021 or <http://mindenhills.ca/community-events/>

Ingoldsby Celebrates Canada Day Early!

When: Saturday July 1/17, 8:30 am - 9:30 am
Where: Ingoldsby Bridge, Lake Kashagawigamog Rd.
Who: The residents and friends of Ingoldsby
Everyone is invited to war red and white and bring their own flag. Stuffed beavers or other Favourite Canadian mascots are most welcomed.

Making Fun Cement Planters

When: July 4, 2017, 7pm-9m
Where: Minden Community Centre
The Minden and District Horticultural Society welcomes special guest, Nancee Adams, who will be demonstrating how to make fun cement planters. Contact: mindenhorticulturalsociety.ca

Minden & District Horticultural Society July General Meeting

When: July 4 @ 7 pm
Where: Minden community Centre, 55 Parkside St.
Featuring nance Adams, D.I.Y. Cement Planters
For more info: minden@gardenontario.org

Environment Haliburton, Annual keynote speaker event-Dianne Saxe

When: Thursday July 6/17, 7 pm
Where: Minden Community Centre, 55 Parkside Street, Minden
Facing the climate crisis
Admission: \$10.00 at the door
For more information contact Carolynn Colburn, 705-754-9873 or Susan Hay, 705-457-9239

Land Trust Bats and Bat Boxes

When: Saturday July 8 - 10:00am to noon
Where: Abbey Gardens
Join the Haliburton Highlands Land Trust to construct a bat box for your property. Kits will be provided. Registration is limited. Register at www.haliburtonlandtrust.ca

Haliburton Legion Presents: Todd Nolan & Band for a Country Music Roundup

When: Saturday July 8, 2017,
Where: Haliburton Legion. Main Hall
Doors open at 3:00 pm and show starts at 4:00pm
Early Bird tickets \$15.00 available at the Haliburton Legion (limited tickets) and then \$20.00 once Early Bird tickets gone.
Enjoy a delicious light dinner at intermission
For Information Contact: Haliburton Legion, 705-457-2571

Glamor Lake Cottagers' Association

Annual General Meeting
When: Saturday July 8, 2017 - 9am to noon
Where: Gooderham - Robert McCausland Community Centre
The doors open at 9am and the meeting will start at 10am
If any further information is need please contact Brian Cain - 705-447-2018

Miskwabi Area Community Association (MACA)

Annual General Meeting
When: Saturday July 8th (Rain Day Sunday July 9th). at 11 am

Where: The "Airport Strip" on Trappers Trail Road, across from the Miskwabi Lake Boat Launch.
There will be guest speakers and a BBQ to follow.

HALIBURTON: Sexual Health Clinic

When: Wednesday, July 12, 10:30 am to 12:30 pm.
The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 2205.

Open House at the Kinmount library

When: Saturday July 15th, 9:00 am - 1:00 pm
To raise awareness to the community about all the extra services available at the library. There is so much more than books! Library website, free programs for Ancestry.ca, legal documents, a lovely meeting room available for rent, or free to a group interested in meeting for crafts, etc., a restful reading garden, Brownies, Girl Guides, Lions meetings, etc.
We hope to have coffee, ice tea refreshments, and extra library staff to acquaint our visitors with all the perks of utilizing our library!

Celebrate Canada Day in Dorset

DORSET NEWS

Lee Ross
burgesslt@me.com

Are you looking for something fun the whole family can enjoy on Canada's 150th birthday on July 1? Dorset is hosting a bunch of great activities for everyone.

From 9 a.m. to 2 p.m. there is a community garage sale in front of the Recreation Centre. There's sure to be something for everyone.

Also at 9 a.m. is the Book Sale and Pie Sale put on by Knox United Church. The sale will take place at the fire hall across from the Recreation Centre, so you can head on over there after the garage sale (or before!).

Dorset Heritage Day started at 10 AM at the Dorset Heritage Museum. There will be short videos of local people, a silent auction, vendors and a barbecue. Stop by and learn a little bit about Dorset's fascinating history. The Museum will be open all summer and is a great learning experience for residents young and old. For more information on the Dorset Heritage Museum visit their website at dorsetheritagemuseum.ca.

At 11:30 a.m. is the Dorset Lions Centennial Park ribbon cutting ceremony beside the fire hall, as well as the opening of the children's little library at the children's playground. This is followed by a live concert by country bluegrass artist Lou Moore taking place at the Pavilion with cake and refreshments. Be sure to bring a chair or blanket to enjoy the show.

There's no better way to finish off the perfect day than with a FREE fireworks display. The show starts at dusk - 9:30 to 10 p.m. - in Big Trading Bay. This is the last year! Come downtown and watch from the newly refurbished humpback bridge, the town docks, your boat or head on up to the Dorset Tower and watch the show from above. Wear your red and white and show your Canadian pride. Any donations will go towards the Dorset Health Hub. This event is sponsored by the Dorset Community Projects Group.

HAPPY 150TH CANADA!

Happy birthday to Pam Bessey, Matt Cyopick, Berni Guidi, Sabrina Baum, June Johnson, Andy Cyopick, Sandra Northover, Carolyn Warkentin, Willy Bradbury and Pat Sinclair. For birthdays and submissions please contact burgesslt@me.com.

Mountain Lake makes donation

On behalf of the Mountain Lake Property Owner's Association (MLPOA), Bruce MacMillan the lake steward recently delivered 14 boxes of Nature Clean products to the Minden Community Food Centre. The products were donated by the F.T. Ross Company of Markham, manufacturers of natural and environmentally safe household and personal cleaning products. Pictured gratefully receiving the donation is Joanne Barnes, manager of the Food Centre. The MLPOA also provides the Food Centre with an annual cash donation.

/Submitted



Events

MUSIC By The GULL



of Minden

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The Highlands Wind Symphony,

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Friday Evenings, by the river in Minden

Music by the Gull has been showcasing local musical talent for 26 seasons!

Bring a lawn chair to enjoy this community get-together by the bridge in downtown Minden.

Everyone is Welcome!

Donations to defray expenses are greatly appreciated. Arrive early to set up your chairs beside the river.

Starting at 7:00 pm

June 23, **Highlands Wind Symphony & The Swing Band**

June 30, **Fifth Business**, Light rock, roots and folk

July 7, **Highlands Trio**, Variety of genres

July 14, **Loney & Love & Raven Mad Crow Society**, Folk originals

July 21, **Gord Kidd & Friends**, Rock and Country

July 28, **The Cruisers**, Traditional Rock

August 4, **Zoe Chilco & Friends**, Jazz/blues originals and covers

Starting at 6:30 pm

August 11, **Hot Flashes**, Country

August 18, **Jeff Moulton**, Traditional rock

August 25, **Custom Blend**, Popular folk and rock

September 1, **Rain Date**

Haliburton, Kawartha Pine Ridge District Health Unit Annual Report 2016

A Report to Our Community: Prevention

The Haliburton, Kawartha, Pine Ridge District Health Unit is your health partner for life. This edition of *A Report to Our Community* highlights Health Unit programs and services that help prevent illness and injury.

The Board of Health oversees the work of the Health Unit and is committed to providing quality public health programs and services. The Board is accountable to the Ministry of Health and Long-Term Care, the Ministry of Children and Youth Services, and its member municipalities for ensuring effective Board governance and Health Unit management. The Board includes municipal councillors from Northumberland County, Haliburton County and the City of Kawartha Lakes, as well as local citizens appointed by the provincial government. The Board of Health meets monthly to provide governance and input, ensure programs and services meet provincial mandates and community needs, and approve Health Unit spending.

Read on – or visit the Health Unit website (www.hkpr.on.ca) – to learn more on how public health makes a healthy difference for you each day!

Mark Lovshin, Chair, Board of Health, Haliburton, Kawartha, Pine Ridge District Health Unit



In Person: Helping Ensure Your Well Water is Up to the Test

By Melissa Ivey, Public Health Inspector

Drinking water... it's something you can easily take for granted until something goes wrong.

Preventing E.coli and other bacteria from contaminating drinking water is essential for public health. It's why municipal drinking water systems have clearly defined regulations governing treatment and maintenance.

If you get your drinking water from a private well, the responsibility for its quality and safety falls squarely on you. In this area – City of Kawartha Lakes, Haliburton County and Northumberland County – more than half of all people rely on private wells for their drinking water. A fundamental question to ask is: how well is your well water?

The Haliburton, Kawartha, Pine Ridge District Health Unit can help with the answer. In 2016, thousands of local residents took advantage of our free well-water testing program. The program lets private well owners take a sample of their well water and have it tested for E.coli and other bacteria. To take part, you simply pick up water-testing bottles and kits from your nearest Health Unit office or municipal building, follow the instructions, and return the filled bottle with completed forms.

We take care of the rest by forwarding the water samples to the provincial lab in Peterborough for testing. The lab results will then be sent to you by phone or mail.

If you receive adverse or unsatisfactory water results, speak to a public health inspector at the Health Unit. We can help you understand the results, recommend solutions, and give advice on how to fix potential problems with your well. Getting your well water tested regularly throughout the year is essential to alert you to problems with your drinking water that can affect the health of you and your loved ones.

Helping you stay 'well' informed – just another way the Health Unit is your health partner for life!



In Form: Quit-Smoking Partnership Helps Cobourg Woman Breathe Easier

Cobourg resident Rose Belfry is delighted her tobacco habit has gone up in smoke, thanks to a unique partnership among local agencies.

Last summer, Belfry decided to quit smoking to get back in shape to play baseball and hockey. Back then, she was smoking half-a-pack of cigarettes each day. Belfry's timing was perfect, as a quit-smoking program was starting up in Fall 2016.

The quit-smoking program was offered to Belfry and other members of a support group run by the Assertive Community Treatment Team (ACTT) at Northumberland Hills Hospital. At ACTT's request, the Haliburton, Kawartha, Pine Ridge District Health Unit and Port Hope Northumberland Community Health Centre teamed up to run the program, providing quit-smoking tips and resources, as well as free nicotine patches, to participants.

"The quit-smoking program is a great example of how local health care agencies can pull resources together and work towards a common goal," says Stephanie Logan, a Health Promoter with the HKPR District Health Unit who helped lead the quit-smoking group. "It was a really good group, lively and engaged. We had really good success there, with some participants quitting and many others reducing their tobacco use."

Through a combination of willpower, nicotine patches, peer support and coping tips learned in the quit-smoking program, Belfry gave up smoking. "It was such a positive experience, with everyone being very supportive of each other," Belfry says. "It made life a whole lot easier to quit. Everyone looked forward to the group, and it really helped everyone through the quit process."

Belfry also noticed the difference being smoke-free made when she laced up her skates this past winter. "The less I smoked, the better I felt," she notes.



Cobourg resident Rose Belfry credits the assistance she received – in part from the Health Unit – for helping her quit smoking.

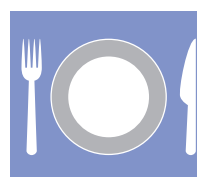


In Focus: A Call to Arms

Health Unit Communicable Disease Control Nurse Amy McCully gives a dose of vaccine to student Donna Hindle (seated). The Health Unit ensures all area students are up-to-date on their vaccinations to prevent diseases.

In Fact:

Number of Food
Handler Courses
offered in 2016



33

Number of new visits
to Health Unit's
Sexual Health Clinics



1,235

Number of store checks
to ensure tobacco is
not sold to minors



220

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Being safe online

Saturday, July 8 11 am

Intro to Windows 10

Wednesday, July 12 10:30 am

Email essentials

Thursday, July 20 10:30 am

Microsoft Word Basics

Thursday, July 27 10:30 am

Microsoft Word Plus

Thursday, August 3

Intro to Files, Folders & USB drives

Saturday, August 5 11 am

Intro to working with pictures

Thursday, August 10 10:30 am

Intro to Microsoft Excel

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snow blower on tracks w/protection shelter, 5 hp push mower, combo aluminum ladder, Beaver
table saw & compound saw, lg variety of furniture & collectibles incl Hoosier cupboards, hardwood
dining suite, table w/8chairs, cabinet & buffet, old side boards & pine cupboard, oak wash stands
& dressers, drop leaf & oval tables, wicker chairs, 2 - ice bxs, 3 - wood stoves, 3 old treadle sewing
machines incl a Singer treadle machine w/cabinet & pamphlet circa 1929, knitting & sewing
supplies, old wooden skis & snow shoes, old wooden boxes, various tins, bottles & books, tin baby
carriage, Viking fridge, tiger maple chair, parlour table, Pepsi cooler, variety of old pickling crocks
some w/lids, lanterns, old china set, cups & saucers, milk stool, old hand made quilts, bedding,
collectible glass incl Depression, Fireking, etc, 2 - vintage blanket boxes, WWII personal items, old
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Saturday July 1st- 8 am to 2 pm.
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Road. 3 km N. of Fort Irwin.
Something for Everyone.

240 MARINE FOR SALE

Boat for Sale: 14 foot aluminium
Prince Craft fishing boat. Electric
Motor. \$1100.00. Call: 705-457-9272

1996 Azura Bowrider 15.5 ft.
Includes Shoreland'r Trailer and 80hp
Merc Motor (motor needs work)
Asking \$1200 . Call 705 286-3415

260 YARD SALE

The Sale you have been waiting for. Lots
of **NEW GIFTWARE**. 1029 Calico Rd.
off of Hwy 21, 5 km west of Haliburton
village. 9-4 Fri. - Mon.

July 1st Canada Day Garage Sale 1044
Sir Sams Road Eagle Lake 9 am - 5 pm.
Appliances, cookware, small furniture,
books, Avon products

Saturday July 1. Rain date Sunday
July 2. 1378 Old Donald Rd. 9:00
am - 4:00 pm. Merging households.
Housewares, furniture, tools, small
antiques, 10 x 16 car shelter and lots
more.

250 AUTOMOTIVE FOR SALE

2007 Volvo S80, V8, 136,000km,
AWD, with Trailer Hitch, Asking
\$10,750 Certified or Best Offer.
CALL (705) 286-3593

2009 Subaru Forester 2.5X Touring
Black. Original owner. Will Certify.
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maintenance record. Asking \$11,400.
Call Bob at 705-457-8369

2008 Toyota Tacoma. 4.0L, V6, 6 spd,
4WD, 207k. Access cab, 3-fold hard
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clutch, recent service records. Asking
\$12k negotiable. Call 705-286-6074.

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400 EMPLOYMENT OPPORTUNITY

BIG NEWS

HYLAND GRANITE, your local granite supplier, Minden is looking to hire someone to split Granite Flagstone. Call Dave at (705) 286-1755

Two Full-Time Positions Available at **GODFATHERS PIZZA** - Minden Hwy 35/Heritage Plaza-beside Foodland Must be customer service oriented and computer literate. Days Evenings and Weekends Required. Please apply at GODFATHERS or email resume to krystyna@godfatherspizza.ca

Housekeeping & Kitchen Staff. Bark Lake Leadership & Conference Centre Seeks staff from July to Oct with possible extensions. Great fast paced job/ fun environment. Must be responsible with **STRONG** multi-tasking skills/ mature and flexible. Valid driver's license an asset. We will train you. Send resume angie@barklake.com. *Come join our family!*

Sandy Lane Resort on Halls Lake seeks to employ an energetic self motivated individual with the ability to work independently on a variety of outdoor and indoor maintenance projects. Requirements: - Basic knowledge of carpentry electrical and plumbing an asset - 5 days a week year round - Salary will be based upon experience Please send resume to holiday@sandylaneresort.com OR call 705-489-2020

SECRETARIAL POSITION AVAILABLE: Local professional office currently seeking energetic, highly organized person with excellent time management skills, communication skills and computer skills; must have ability to multi task, set priorities, manage daily tasks and must be bondable. Reply by resume to: Haliburton Echo, Box 360 Haliburton, ON. K0M 1S0 Ref. #150

General Contractor
Rodco Enterprise seeking experienced professional painters~drywallers call 705-457-1224

Sir Sams Inn and Water Spa is looking for a full time cook. Please email resume to evan@sirsamsinn.com.

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**Position: Cleaner and
Maintenance Helper**

Job Type: Seasonal~ End of June until the beginning of September
Location: Camp Kandalore **Wage:** \$13.00-14.00 Hourly

Description:

Camp Kandalore is looking to hire four candidates to be our cleaning crew this summer. Located 12 minutes North of Carnarvon off of Highway 35, we are a co-ed residential summer camp for campers aged 6-16. Since 1947 Kandalore has offered an exemplary camp program and has a rich history of paddling and canoe tripping.

The Role: Camp Kandalore is looking for four hard-working, positive and reliable people to be our cleaning crew this summer. The general duties of the cleaning crew include:

- Supply Washrooms and other common areas with necessary materials
- Cleaning of camp common areas including washrooms and shower facilities
- Assisting maintenance staff with the upkeep of the camp facilities
- Painting and other minor repairs of camp structures

Requirements:

- Must enjoy working outside and being part of a fun loving community
- Willing to work afternoons and weekends
- Able to lift 25lbs continuously and work in a physically demanding environment
- Able to work as a positive member of a team as well as independently

Please submit your resume to Gord Darling ~ Site Manager
Gord@kandalore.com

Kandalore thanks all applicants for their interest, but can acknowledge only those selected for an interview.

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**27th Annual Echoes of a Proud
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9:00 am onward. Just south of Mon-
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Many Thanks to everyone
that attended and/or
Supported the
Chew and Chat for Charity,
the Highlands Food and Beverage
Showcase at Wintergreen



The Committee would like to thank all the amazing vendors with incredible food and products (all their time and products were donated), sponsors, volunteers, behind the scenes supporters, and the hard working committee (Thompsons, Morins, Simmons, Perecko, Dawsons, Browns) who brought much needed charitable donations to H.A.V.E. and Women's Shelter. Catch us next year on Father's Day weekend. It truly takes a village (HELP A VILLAGE EFFORT) to create this Food Festival...and we truly thank all the villagers.



560 ANNOUNCEMENTS



Family and friends are
invited to share
in the celebration of

**Allan Upton's
80th Birthday**

July 8, 2017 from 1 - 4 pm
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Best Wishes Only!

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Starting at
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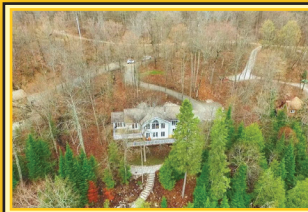
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- Plus guest cabin, on 2+ acres
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- On over 200 ft of shoreline & 1.45 Acres
- Featuring boating on premium 5 lake chain.



CALL TODAY

Canning Lake \$999,000

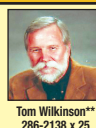
- Immaculate 3 bedroom, 2 bath, year round home
- 160 ft of sand beach on a point lot for sunsets
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Irondale River \$269,900

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- 480' Frontage, Southwest Exposure
- Yr. Rnd. Private Road, 2.29 Acres



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- I'm sold out and available to you
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Basshaunt Lake \$644,000

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- 170 ft of sandy shoreline, deep water off the dock
- 2600+sf, 5 bdrm home w/ Cathedral ceilings



NEW LISTING

Fantastic chalet/home \$259,900

- 1100+ sq ft home has 3 bdrms, 1 bath
- Open concept living/dining/kitchen area
- Walkout to the brand new massive deck



CALL ME

Halls Lake Access \$229,900

- 2 bdrm 1 bath insulated cottage
- New storage bld and firepit
- Deeded access to lake across road



CALL ME

Soyers Lake Road \$25,900

- Great rolling lot - Central Location
- Close to many lakes and beaches
- Outlined in trees with clearing within



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- 'Building' known as Organic Times for sale
- Almost 3,000 sqft of renovated space
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- 4.98 ac, 526 ft fr on Hwy 188, NW Exposure
- Beautifully treed, driveway off road, School bus
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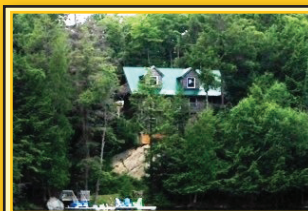
- 210 Ft. Waterfront, 1.63 Acr, Yr-Rnd
- 5400 Sq Ft, 4+1 Bdrm, 3.5 Bath, Open Concept
- Rec-Rm, Haliburton Rm, Dbl Garage



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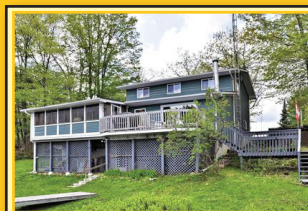
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- Corner location HWY 35 and CR 21
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- Very Private 3 bed 3 bath Eco-log Lakehouse
- Oversized double garage with loft bunkie
- Open concept, 2 fireplaces and Haliburton room



CALL ME

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- 5 bdrm/2 bath, 3-4 season, fully furnished
- easy yr-round access, good privacy
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NEW PRICE

Renovated in Ramara \$229,000

- 3 bdrm across from Sylvan Glen Beach
- Nicely updated w/ sun room & large deck
- Waterfront without the cost!



NEW LISTING

Kushog Lake \$599,000

- Beautiful home w/ large living area, 4 bdrms, 3 bath
- Decks overlooking lake, sand beach, deep of dock
- Plus in-law suite in the lower level & 2 car garage.



LIST LOCAL

Looking to List?

- Selling your home is one of the most impactful experience in your life. I will work to make it the most positive experience possible.



NEW LISTING

Miskwabi Lake \$299,900

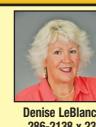
- Starter cottage on 2-lake chain
- 108 feet of deep clean shoreline
- Awesome full length lake view, year round road



CALL ME

West Lake Starting at \$239,900

- 4 Prime building lots, close to Haliburton Village
- Private w/ Algonquin Park-like surroundings
- Year round road, build your dream home/cottage!



NEW PRICE

Cranberry Lake \$289,000

- Large 2.9 acre lot with 225 ft of frontage
- Cute and cozy 3 bedroom home or cottage
- Full unfinished basement & single car garage



CALL ME

Haliburton Home \$599,000

- 6 bedroom, 3 bath ranch style executive home
- Very private with a large yard & in-ground pool
- Includes a completely separate 2900 sf building



CALL ME

Diamond Lake Lot \$114,900

- Lovely lot on a deep, clean lake
- Off a year round road with driveway installed
- Site has been cleared, 15 mins to Bancroft



Haliburton (705) 457-2128
Minden (705) 286-2138
Carnarvon (705) 489-9968

Kennisis/Redstone (705) 754-1932
Wilberforce (705) 448-2311



www.century21granite.com
info@century21granite.com